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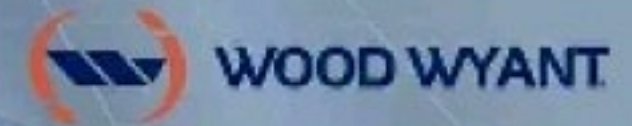


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**Hey, cyclists:
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DAVID P. BALL/METRO

Mayor backs rent bank

HOMELESSNESS

**Lender nearly
out of cash to
keep families
off the streets**



**Wanyee
Li**
Metro | Vancouver

Vancouver's mayor is urging city council to give \$49,600 to a rent bank that would help up to 240 families who are in danger of losing their home.

The Vancouver Rent Bank supports low-income people who are in imminent danger of losing their housing due to unexpected circumstances such as illness or sudden loss of income by offering interest-free loans.

A staff report found the rent bank will run out of funds next month if it does not receive more support from the city.

"The Vancouver Rent Bank is an essential service that helps vulnerable residents regain

their financial footing so their families aren't forced onto the streets," said Mayor Gregory Robertson.

About two-thirds of loans given out since 2012 have been paid back or will be by 2019, according to the report. The average loan is \$948.

The rent bank has provided 587 loans since it was created five years ago and has seen an increasing number of applications. But funding has not increased, and therefore the rent bank has had to say no to an increasing number of people on the brink of homelessness, the Network of Inner City Services Society told Metro earlier in May.

The non-profit says even if city council gives the recommended \$49,600 to the rent bank, it faces a \$30,000 funding gap.

Rents in Metro Vancouver spiked last year, and homelessness in the region rose 30 per cent between 2014 and 2017.

Council is scheduled to discuss the report Tuesday.

PADDLE POWER

First Nations protesters perform water blessing
metres from pipeline terminal **metroNEWS**

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City council to vote on \$3M 10th Avenue plan

INFRASTRUCTURE

Staff report calls for less street parking, more bike lanes



Wanyee Li
Metro | Vancouver

Vancouver city staff are recommending several changes to a stretch of 10th Avenue near Vancouver General Hospital, including raising bike lanes, restricting eastbound traffic and converting street parking spaces into passenger loading areas.

The report outlines the final \$3-million plan for the popular bike route after three rounds of public consultation, the most recent of which took place in the fall of 2016.

Much of the public feedback emphasized a desire for separated spaces for walking, biking and driving, according to the report. But achieving that goal means making some sacrifices.

If council approves the plan, 75 out of 77 metered parking spots along 10th Avenue would be removed to make way for a raised bike lane on either side of the road and 12 new passenger-loading spots.

Staff are recommending



A cyclist travels along 10th Avenue, past Vancouver General Hospital in November 2016.

JENNIFER GAUTHIER/METRO

the city help the Provincial Health Authority pave over the gravel site at 10th Avenue and Ash Street to create 116 new parking spaces.

In addition, the stretch between Cambie and Ash streets would become westbound only for car traffic. The rest of the bike route would remain open to traffic going both ways, but at the expense of some of the mature American Elms that line the street.

The report also recommends a new branding effort

along with these infrastructure changes in order to raise awareness about vulnerable pedestrians in the area. Recommendations include posting "Health Precinct" signage and reminding drivers and cyclists to slow down for patients.

About 4,500 vehicles and 3,000 cyclists travel on 10th Avenue through the Health Precinct every day, according to the report.

Council is scheduled to discuss the report Tuesday.

+ PROPOSAL

Recommended changes include:

- Convert 10th Avenue to a one-way (westbound) street from Cambie Street to Ash Street
- Build raised bike lanes on 10th Avenue from Cambie Street to Oak Street
- Take away street parking on 10th Avenue
- Add 12 passenger-loading spaces
- Build a new surface parking lot at 10th Avenue and Ash Street for 116 cars

+ HEALTH PRECINCT

The stretch of 10th Avenue between Cambie and Oak streets is home to several health-care services, including:

- Vancouver General Hospital
- BC Cancer Agency
- Eye Care Centre
- Mary Pack Arthritis Centre
- Skin Care Centre
- Several research centres

Vancouver DIGEST

Police seek witnesses in nightclub shooting

Vancouver police are asking for witnesses to come forward after three men were stabbed outside Caprice Nightclub on Sunday morning.

The three men and others had been kicked out of Caprice around 3 a.m. for arguing and started fighting when they got outside, according to police.

Officers arrived on the scene shortly after and found three men with stab wounds. Police arrested two men nearby. No charges have been laid, but they remain in custody.

Police are asking anyone with information to contact VPD at 604-717-2541 or Crime Stoppers at 1-800-222-8477.

WANYEE LI/METRO

Landslide forces Kelowna residents from homes

A landslide has forced residents of 17 properties to flee their homes near Kelowna as flooding continued to threaten the area. The Central Okanagan Regional District says no one was hurt in the slide on Saturday evening.

Crews are studying the stability of the slope to determine when it will be safe for residents to return home. The regional district says about 400 people remain out of their homes due to safety concerns. It says flooding is still a concern because of record-high water and snow levels.

THE CANADIAN PRESS



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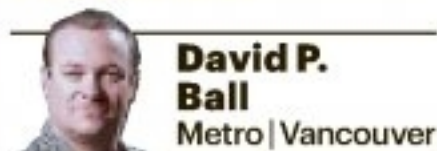
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Pipeline protest by sea

TRANS MOUNTAIN

Flotilla of 100 people prays at Kinder Morgan terminal



David P. Ball
Metro | Vancouver

A flotilla with nearly 100 people took to the waters of the Salish Sea on Sunday afternoon, paddling across the Burrard Inlet to the shipping terminal for Kinder Morgan's 1,200-kilometre Trans Mountain pipeline to hold a "water blessing" ceremony just metres from the facility.

The event was hosted by Tsleil-Waututh Nation, which has long opposed the pipeline's proposed \$7.5-billion expansion, set to increase oil tanker traffic through the waterway sevenfold — tripling the flow of diluted bitumen the company said has moved safely along its existing route for decades.

The project received provincial and federal blessings last winter, and if the Texas-based company meets regulators' safety conditions, it plans to begin



Three canoes from Tsleil-Waututh Nation and a small flotilla of kayakers head to Kinder Morgan's Trans Mountain pipeline terminal and oil tank facility in Burnaby on Sunday. DAVID P. BALL/METRO

construction this fall.

But that didn't stop the paddlers from singing what they called a traditional "celebration" song offshore, believing they can still stop the pipeline's expansion from going ahead.

"It's been years since we've been able to go out into our clam beds," said Ta'ah, also known as Amy George, daughter of renowned Tsleil-Waututh Nation Chief Dan George. "The water has turned poison."

"I have known and loved this land my whole life... I want my

great-grandchildren to know these waters and these lands the way I did."

Indigenous allies from beyond B.C.'s borders attended the ceremony, including several Pacific Islanders on a tour across Canada who spoke of the devastating impacts burning fossil fuels is already having on their way of life.

"Climate change affects us in numerous ways, from cyclones to sea-level rise to salt intrusion to the security of our food," said Raedena Savea, from the

200,000-resident island of Samoa. "The reason why we're here today is because we're the first to disappear if expansions like the Kinder Morgan" proceed.

Two of the B.C. New Democrats' newly elected MLAs attended and said if the upcoming absentee ballots and recounts hand power to their party they would reinstate the province's Climate Leadership Team within 100 days and make "every effort" to reverse B.C.'s approval of the Trans Mountain expansion and stop the project.

RECOUNTS

Four of six requests rejected

Elections BC has rejected four of the six requests for recounts in ridings where the outcome in the provincial election was determined by fewer than 600 votes.

Two requests were submitted for the riding of Vancouver-False Creek and one for Coquitlam-Burke Mountain, Courtenay-Comox, Maple Ridge-Mission and Richmond-Queensborough.

Recounts will go ahead for Vancouver-False Creek and Courtenay-Comox and are to take place between May 22 and 24, Elections BC said in a news release Saturday.

Recount requests are accepted if the difference between the top two candidates is 100 votes or fewer, or if there were errors with accepting votes, rejecting ballots or discrepancies between the ballot count and number of votes for a candidate.

Elections BC said not all requests met the 100-vote-or-fewer criteria or provided enough evidence that ballots were improperly accepted or recorded.

For Vancouver-False Creek, Liberal incumbent Sam Sullivan was elected by 560 votes ahead of New Democrat Morgane Oger.

THE CANADIAN PRESS

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Cyberattack havoc may grow

SECURITY

Warning to update systems as people return to work

An unprecedented "ransomware" cyberattack that has already hit tens of thousands of victims in 150 countries could wreak greater havoc as more malicious variations appear and people return to their desks Monday and power up computers at the start of the workweek.

Officials and experts on Sunday urged organizations and companies to update their operating systems immediately to ensure they aren't vulnerable to a second, more powerful version of the software — or to future versions that can't be stopped.

The cyberattack paralyzed computers that run Britain's hospital network, Germany's national railway and scores of other companies and govern-



The warning screen from the ransomware attack.

MARK SCHIEFELBEIN/THE ASSOCIATED PRESS

ment agencies worldwide.

The attack, already believed to be the biggest online extortion scheme ever recorded, is an "escalating threat" after hitting 200,000 victims across the world since Friday, according to Rob Wainwright, the head of Europol, Europe's policing agency.

"The numbers are still going up," Wainwright said. "We've seen that the slowdown of the infection rate over Friday night,

after a temporary fix around it, has now been overcome by a second variation the criminals have released."

Researchers discovered at least two variants of the rapidly replicating worm Sunday and one did not include the so-called kill switch that allowed them to interrupt its spread Friday by diverting it to a dead end on the Internet.

THE ASSOCIATED PRESS

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WHAT IS THE PROPOSED SETTLEMENT AND WHO IS INCLUDED?

A Canada-wide settlement has been reached in several proposed class actions relating to the prescription drugs OxyContin® and OxyNeo®. To become effective, the settlement will require court approval. If you, at any time between January 1, 1996 and February 28, 2017 inclusive, were prescribed in Canada and ingested OxyContin® tablets and/or OxyNeo® tablets, you and your family members may be entitled to receive compensation for certain injuries. The settlement provides for a \$20 million (CDN) Settlement Payment which will pay for these benefits, as well as for the costs of administering the settlement, payment of the claims of Provincial Health Insurers and Class Counsel Legal Fees.

OPTING OUT

If you are a member of the Class and do not wish to be bound by future orders made in the Proceedings, and/or by the Settlement you must take active steps by "Opting Out". To Opt Out, you must fully complete and submit an Opt Out Form to the Claims Administrator by the Opt Out Deadline of July 12, 2017. Opt Out Forms are available at www.oxycontinclassactionsettlement.ca or may be requested by mail or telephone from the Claims Administrator. If you Opt Out, you will NOT be able to make a claim for compensation under the Settlement.

OBJECTING TO THE PROPOSED SETTLEMENT AND OPPORTUNITY TO APPEAR

In order for the Settlement to become effective, it must be approved by the Courts in Ontario, Québec, Nova Scotia and Saskatchewan. If you wish to object to the Settlement, you must submit a written objection to the Claims Administrator by no later than July 12, 2017 at the address listed below and you may attend the hearings on the following dates:

Ontario Class: July 18, 2017 at 10:00 a.m. at the Ontario Superior Court of Justice, 361 University Avenue, Toronto, Ontario.

Québec Class: August 9, 2017 at 9:30 a.m. at the Superior Court of Québec, 1 Notre-Dame East, Montréal, Québec.

Atlantic Canada Class: August 1, 2017 at 9:30 a.m. at the Law Courts Building, 1815 Upper Water Street, Halifax, Nova Scotia.

Saskatchewan Class: August 24, 2017 at 10:00 a.m. at the Court of Queen's Bench, 2425 Victoria Avenue, Regina, Saskatchewan.

PARTICIPATING IN THE SETTLEMENT

If the Settlement is approved by the Courts, you will have a limited amount of time within which to submit a claim for compensation. You will be able to submit your claim online through a website portal. You will also have the option to submit a paper Claim Form. If the Settlement is approved, the paper Claim Form will be posted on the settlement website at www.oxycontinclassactionsettlement.ca and will be available on request from the Claims Administrator.

FOR MORE INFORMATION:

If you have questions about the Settlement and/or would like to obtain more information, please visit the settlement website at www.oxycontinclassactionsettlement.ca or contact the Claims Administrator at:

RicePoint Administration Inc.
PO Box 4454, Toronto Station A,
25 The Esplanade
Toronto, ON M5W 4B1
Email: oxycontin@ricepoint.com
Toll Free: 1 (888) 663-7185

You can also contact Class Counsel at any of the following firms:

Rochon Genova LLP 900-121 Richmond St. W. Toronto, ON M5H 2K1 Joel P. Rochon Tel: 416-363-1867	Siskinds LLP 680 Waterloo St. London, ON N6A 3V8 Michael G. Robb Tel: 877-672-2121	Wagners 1869 Upper Water St. Halifax, NS B3J 1S9 Raymond F. Wagner Tel: 902-425-7330	Merchant Law Group LLP 2401 Saskatchewan Dr. Regina, SK S4P 4H8 Tony Merchant Tel: 888-567-7777
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URBAN ETIQUETTE ELLEN VANSTONE



Dear Ellen,

I was driving my car the other night when a bike came out of nowhere and I nearly collided with it. The cyclist swore at me and rode off. I'm sure he was very upset, but I don't think his behaviour was acceptable, especially since he had no bike light, and he was dressed entirely in dark clothing, and was completely invisible. Am I right to be offended by his "rude" behaviour?

A Responsible Driver

Dear Responsible Driver,

When it comes to feeling offended, there is no right or wrong. It's how you act that matters. In the situation you describe, how the cyclist acted was both rude and dangerous.

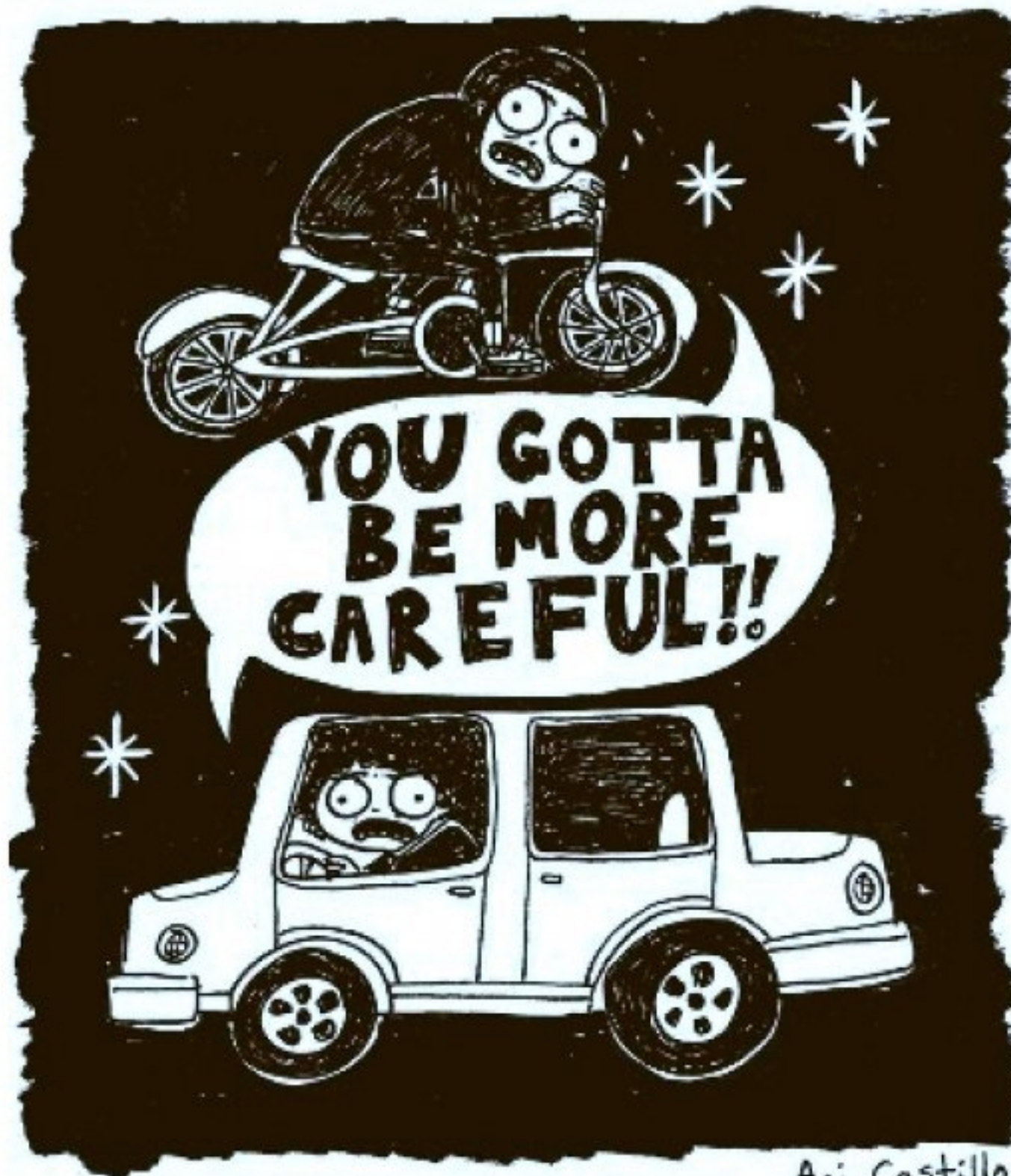
I sometimes drive a car and often ride a bike in the city, so I've seen both sides in the road wars between the two factions. As a cyclist, I've been hit by cars twice, run off the road, doored, plus the usual quota of terrifying near misses. I've pedalled madly after bad drivers for blocks in order to knock on their car window and politely but firmly chastise them (no swearing) for cutting me off or suddenly, scarily blasting their horn at me for no reason.

As a driver, I've also seen the kind of bike behaviour that gives all of us cyclists a bad name — weaving in and

Yes, cars are bigger and can kill you. That doesn't mean you get to treat their drivers with utter disrespect.

THE QUESTION

Are cyclists entitled to treat drivers rudely?



Ani Castillo

out of traffic, riding on the sidewalk, hogging an entire lane when there's no need, failing to signal before turning or coming to a sudden stop, cutting off other cyclists or startling them by passing on the inside. One of the worst offences is riding a bike at night without a light, then having the gall to become indignant when cars almost run them over.

For all the bad cyclists out there, please note that it's not only dangerous when you break laws and ride so recklessly. It's also the

height of rudeness. Yes, cars are bigger and can kill you. That doesn't mean you get to treat their drivers with utter disrespect. At the very least, you're causing unnecessary stress in another human being who's just trying to legally get through the day. You're also contributing to a destructive dynamic between drivers and riders. At the very worst, you're risking not only your own injury or death, but the likelihood of ruining another person's entire life if they end up injuring or killing you through no fault of their own.

If you get caught on your bike at night without a light, take side streets with no traffic. If a car approaches, stop or ride slowly on the sidewalk if there are ZERO pedestrians around. If there's no way to avoid traffic, get off your bike and walk it home.

Basically, do not make yourself both invisible and obnoxious whilst riding at night. It's the polite thing to do.

Need advice?
Email Ellen:
askellen@metronews.ca

VICKY MOCHAMA

Can we really trust the cartoons trying to breach our borders?

For \$345 million US, Canadian company DHX Media bought iconic cartoons Peanuts and Strawberry Shortcake. While some have suggested the cartoon children's exodus is related to Trump, that's purely coincidental.

But there is reason to believe their application for Canadian citizenship may be fraudulent. While only adults face formal interviews, Charlie Brown and Strawberry Shortcake are suspect.

Although Mr. Brown is nearly 69 years old and Ms. Shortcake is 38, they claim to be eight and six. On these grounds, immigration officials sat down with the applicants. Here is a snippet of the conversation:

Interviewer: What are your reasons for moving to Canada?

C. Brown: It can be hard for a bald kid to make it in America. In Canada, anyone can kick a football or fly a kite.

Interviewer: What do you say to reports that you are being paid to move here?

S. Shortcake: That is berry much none of your business!

Interviewer: Have you ever been affiliated with any terrorist or secessionist groups?

C. Brown: To some, Linus' obsession with the Great Pumpkin might come off as fundamentalist in nature, but I assure you it's a childish obsession.

Interviewer: What is the nature of your relationship?

S. Shortcake: Let's just say someone is berry into girls

with red hair.

Interviewer: How much do you know about Canadian history?

C. Brown: Mrs. Othmar may have mentioned something, but she's so difficult to hear.

Interviewer: How do you plan to support yourself while in Canada?

C. Brown: I have decades of experience as a baseball team manager. I'll be consulting for the Toronto Blue Jays.

Interviewer: One of your co-applicants, a Ms. Lucy van Pelt, says the team only wins when you're not there?

C. Brown: Yes, the team has asked that I not attend any games.

Interviewer: And you, Ms. Shortcake?

S. Shortcake: There's a berry big opportunity in the strawberry industry! Canadian strawberry production has decreased but domestic consumption has increased! Imports are berry big business!

Interviewer: Do you have any friends or family in Canada who will be helping you settle in?

C. Brown: My good friend Caillou has kindly offered us a place to stay.

S. Shortcake: We'll see about that. No one likes him. Even you don't like him.

File notes: Both applicants were unwilling to confirm their ages. Mr. Brown insisted they are simply "mature for our age."

Since they appear to be children, however, their application is approved.

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The appeal of Brigitte Macron

CULTURE

Why France's new first lady will be unlike any other in country's history

Genna Buck
Metro | Toronto



When it comes to the appeal of Brigitte Macron, the new first lady of France, North Americans just don't get it.

That's according to Thomas Gallezot, who organized president-elect Emmanuel Macron's campaign in Ontario and Manitoba. (France, uniquely, divides the whole world up into ridings and elects MPs to represent expatriates).

Macron, 39, and his 64-year-old wife are subjects of great fascination in France, where the country's youngest postwar leader was inaugurated Sunday amid much pomp and ceremony.

But the attention that has focused on the new first couple at home is not what one would expect, Gallezot said.

Over the course of the campaign, Brigitte Macron "shifted from a liability to an asset," he said.

"She's incredibly loveable, with incredible grace ... in my mind it's very similar to the Obama couple."

Like Obama, Macron inspires respect and admiration even from people who disagree with him politically, Gallezot said — and that's thanks to his wife.

The Macrons' unabashed affection for one another makes people think,

"This president is probably a good person, because he succeeded in building this couple," he said.

It's well known in political circles, he added, that Brigitte is easier to approach than Macron — her interpersonal skills are just better.

"She's very confident in who she is, doesn't need to prove anything, perhaps because she never had to struggle. She came from a rich family," Gallezot said.

Brigitte Macron appears ready to become a first lady unlike France has ever had. Her involvement in the campaign as a "great political mind" in her own right is a "game changer" in France, Gallezot said, but what's even more unusual in French political culture is the fact that she and Macron have no children together and never planned to do so.

"It's a shocker for people, for him to not have children with this woman from the get-go," he said.

What isn't so shocking in France, Gallezot said, is the couple's age difference. The couple first met when Macron was just 15 and Brigitte, then a married mother of three, was his drama coach.

It seems tawdry to North American sensibilities, but "it's not such a big deal," Gallezot said. "(In North America), the teacher is really an authority. It's different in France, especially in a bourgeois

town like theirs. I cannot count the number of French movies where the teacher has a love affair with a young student."

That's not to say Brigitte escaped misogynistic abuse from the media and the French public, Gallezot added, citing a cartoon in the far-left magazine *Charlie Hebdo* that pictured Macron with a very pregnant Brigitte and the caption, "He will make miracles!"

Susan Prentice, a sociology professor at the University of Manitoba, points out that the couple's age difference is the same as that of Donald and Melania Trump.

"The interest in the age difference between Macron and Brigitte is pure evidence of an enduring double standard," Prentice said in an email.

Despite this and other gossip and conspiracy theories — like one suggesting that he is gay and Brigitte is his cover, which Macron condemned for being the result of "rampant homophobia" — Gallezot believes Brigitte's charisma played an important role in attracting voters to Macron's party, *En Marche*, and ultimately swinging the election in his favour.

That was especially true in Canada, where French voters were already disposed to like Macron because of his pro-European, centrist views — a huge contrast with his far-right, anti-immigrant opponent Marine Le Pen, who was extremely alarming to the emigrant community living abroad.

"The media uses the term cougar to refer to Brigitte. It's not fitting to her at all. It means predator. She's the contrary of a predator. Everyone comes to her."



Brigitte Macron gestures to crowds Sunday at the Elysee Palace to attend her husband Emmanuel's formal inauguration ceremony as French President. GETTY IMAGES



She's the contrary of predator. Everyone comes to her.

Thomas Gallezot



Kathryn Hahn's sexual letters to Dick bring female desire to the forefront of Amazon Prime's *I Love Dick*. CONTRIBUTED



JOHANNA SCHNELLER WHAT I'M WATCHING

Female desire — finally in fearless focus

THE SHOW: *I Love Dick*, Season 1, Episode 1 (Amazon Prime)
THE MOMENT: The meeting

Chris (Kathryn Hahn) is a frustrated filmmaker. Her husband Sylvère (Griffin Dunne) is a writer. He has a fellowship in groovy Marfa, Texas, run by Dick (Kevin Bacon), a revered environmental artist. She wasn't planning to stay.

But she goes to a party, and he's there. Dick. He approaches her. The background noise drops out. We hear only their

conversation — ordinary pleasantries — over a low thrum. The sound of her desire.

Artful close-ups make us feel her chest tighten, her breath grow gaspy. Casually, she says, "I'm here with my husband." On the word "husband," the sound comes back up.

This series, co-created by Jill Soloway, from Chris Kraus's source book (a feminist classic), is the most exciting thing to come along since Soloway's last series, *Transparent*.

It takes on the world's big-

gest taboo — female desire — from an adamantly female perspective.

The female gaze is the subject in art and entertainment now, and it's fearlessly the focus here. Chris writes frankly sexual letters to Dick (we hear them in voice-over, and phrases appear on screen in red block letters).

Female desire is scary because it's perceived to shatter families and threaten society. Soloway and her (all female) writers use that — by season's

end, Chris's letters have affected every character. The show's brilliance is how it communicates that, not by being didactic, but via character and a nuanced cinematic language (like this scene).

Desire, Chris writes, is "claustrophobia inside your skin." Soloway shows us what that looks like — to her.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Finding the cream of the canola crop

TERROIR

New branding builds on unique conditions where oilseed is grown

Owen Roberts
Urban Cowboy



Manitoba farmer Bruce Dalgarno is pumped. He's preparing to plant a whopping 485 hectares of canola — the crop that turns fields a brilliant yellow — on his farm, an hour north of Brandon.

His crop will cover the equivalent of about 900 football fields. That's a lot of canola.

However, it's a relatively tiny portion of the crop — one football field's worth, perhaps — that has him the most excited. That's the part he'll dedicate to helping advance a new cold-pressed, premium canola oil initiative called XV Canola (XV means extra virgin).

It's designed to distinguish canola oil from his farm and others in his immediate region, from canola grown elsewhere in the province.

And all this is made possible, says Dalgarno, because heart-healthy canola has been found to have its own terroir.

"It's exciting," says the farmer. "If consumers want a distinct canola, we can deliver a terroir product."

Really? A terroir, like wine, coffee and chocolate...from the canola fields of Manitoba? It's true.

Terroir is the way the geography, geology and climate of a location interact with plant genetics. The mingling results in distinct biochemistry and characteristics, especially taste and colour.

Terroir is the talk of cocktail parties. It's usually the domain of high-value food



Bruce Dalgarno (right) is one Manitoba farmer who is preparing to make premium canola oil with a terroir designation. TOP PHOTO: ISTOCK; OTHER PHOTOS: SHANNON VANRAES/FOR METRO



THE FUTURE of FARMING

Canola: a truly Canadian crop

Canola was developed in Winnipeg in the early 1970s, by researchers at Agriculture and Agri-Food Canada and the University of Manitoba. Its name combines the words "Canada" and "oil." Canola has caught on with farmers and consumers. Canada's canola industry adds more than \$26 billion in economic activity to the Canadian economy.

The biotech connection

Canola was developed using traditional plant breeding techniques. Over time, though, canola was altered using biotechnology, so farmers wouldn't have to spray as much herbicide (to kill weeds). It's the canola plants that are modified, not the oil. Canola oil from the herbicide-tolerant plants is not genetically modified.

and beverages, not a widely grown commodity like canola.

But Ellen Pruden, director of the Canola Eat Well program for the Manitoba Canola Growers Association, had a hunch that the oilseed would

present different characteristics depending on where it was grown.

Plus, she thought a terroir label might help personalize canola, and help it capitalize on the local, authentic food

movement.

So she and her colleagues at the association worked with food innovation company NuEats, the commercialization arm of the Manitoba Agri-Health Research Network, to take the idea of canola terroir for a test drive.

They gathered canola from farmers in three different areas of the province, about 400 km. from each other. They had it cold-pressed into high-quality oil, and ran it by 12 taste testers, including experienced chefs and culinary teachers.

The results were clear.

Oil from Dalgarno's farm, furthest west of the lot, was bright yellow and had a nutty aroma. Oil from the north was more orange, and had what Pruden describes as "grassy notes."



And finally, oil from the Winnipeg area had a strongly intense fresh canola aroma and flavour, owing perhaps to the



FARM links

More on canola oil and its uses online

What is canola, anyway?

canolacouncil.org/oil-and-meal/what-is-canola

Where to buy X V (extra virgin) Canola

xvcanolaoil.com

Power Bowl Recipe

Canola oil may be used in a number of tasty dishes. One of Pruden's favourites is this Green Goddess Power Bowl Recipe: canolaeatwell.com/recipe/green-goddess-power-bowl

Take our poll

What is your favourite use for canola oil? Let us know at metronews.ca

soil's high iron content.

Vive la difference! said the canola association. And it proceeded to bottle the oil in 500 ml and 250 ml containers (as well as four-litre jugs for the foodservice sector) and sell it online, where consumers gobbled it up.

Buoyed by this initial reception, 17 canola farmers, including Dalgarno, are joining forces this year to create a company that will sell terroir canola by three newly named areas: Northern Lights (the north), Big Prairie Sky (central) and Heartland (south).

Prices haven't been firmed up, but it's expected to fetch farmers up to 20 times the price of regular canola oil.

No wonder farmer Dalgarno is excited.

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.



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SUMMER ACTIVITIES

Vancouver shores explored in watery-themed events

Dry off this season at the Upintheair Theatre with Spawn or dive into the city's aquatic history at the Vancouver Art Gallery

Perhaps it's a coincidence or perhaps greater forces are at work in the curation of watery themed events and exhibitions through this wet, wet, wet Spring. Whatever the push, the many cultures who call these shores home can be explored by taking in events around the city. Marry them with activities to make the experience even more memorable.

Spawn

Upintheair Theatre goes underwater with its latest production "Spawn". The dance and multi-media performance is part of the rEvolver Festival and it runs May 26 through to June 4 at the Cultch, Culture Lab, 1398 Venables St. and is produced by Wild Woman.

Central character, the pregnant Theresa, is haunted by the death of her mother by drowning and the traditional story of the Salmon Spirit who took a Salish woman to be his wife. In return the Spirit gave the Salish the reef net so they could catch salmon, ensuring their survival.

Whether by design or not the show coincides with the annual salmon run up the Fraser River. More than 20 million Chinook,

coho, pink and sockeye will return to their spawning grounds and there are fishing opportunities available whether in and around the river or beyond the Salish Sea crossing out to the Pacific.

Art exhibit

Pacific Crossings: Hong Kong Artists in Vancouver will exhibit at the Vancouver Art Gallery until May 28. The exhibit features artists who crossed the ocean to Canada when Hong Kong transferred from British to Chinese governance 20 years ago.

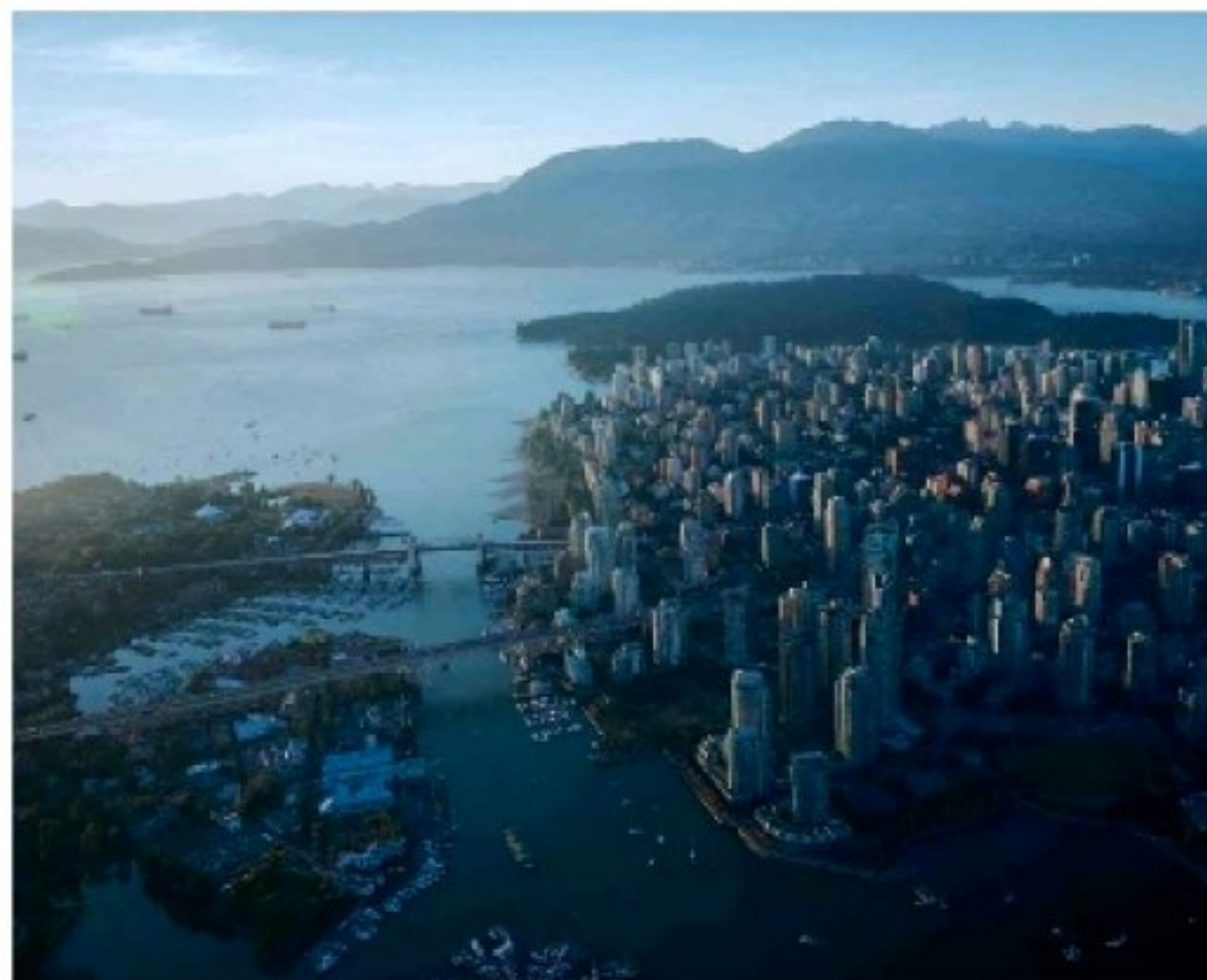
Artists featured in the show of abstract, landscaping and ink painting include Paul Chui, Josh Hon, Carrie Koo and David Lam.

The Chinese were not the only ones to cross the Pacific and not all were as welcomed as the salmon. The exhibit Lost Fleet, on now at the Vancouver Maritime Museum until Dec 31, showcases how during WWII more than 1200 fishing vessels of interned Japanese-Canadians were confiscated by B.C. officials and then sold off. Visitors will also explore whether anti-outsider attitudes persist and what Canada has gained (and lost) through the experience.

One could perhaps continue the conversation at one of the award-winning Japanese restaurants over some salmon sashimi. Look for the Ocean Wise symbol. This will tell you the fish have been sustainably caught.

The crossings of salmon have sustained Vancouver for thousands of years and the crossing of cultures has spawned one of the world's great cities.

-WILL MCGUIRK



As the weather starts to warm up, Vancouverites make their way to the shores. Learn more about the pacific shoreline through ocean themed events and exhibitions. PHOTOS:ISTOCK

Are you ready for an awesome Boys and Girls Clubs summer?!

Awesome = swimming, parks, field trips, crafts, sports, cooking, friends, science, drama, sewing, reading (we could go on!)

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 REGISTER: Call the Club to register today!



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DO YOU HAVE WHAT IT TAKES TO BE A TRUE KNIGHT IN SHINING ARMOUR?

Medieval knights weren't just warriors with cool swords. They were courageous adventurers known for their heroism, humility and fair conduct.

If tales of the knights of yore capture your child's imagination, this summer you can give them a unique adventure.

Knight Camp at Vancouver's Academie Duello is an immersive, week-long day camp where girls and boys aged eight to 14 will learn a variety of the martial arts skills that the knights of old had to know, including wrestling, swordplay and staff fighting.

Knightly Virtues inform every activity at Knight Camp. Students discuss virtues including nobility, mercy, integrity and courage at the beginning of the day, and apply them to the day's activities.

"Kids come to Knight Camp because of the swords and armour, but they fall in love with Knight Camp because of the history and knightly virtues," says Devon Boorman, director and founder of Academie Duello.

Every day's session is an involving experience. The multisensory exercises, skills training and games are designed to provide students with knowledge, skills and physical activity.

The award-winning martial arts school will



CONTRIBUTED

give them a chance to use their swordplay skills to compete in controlled practice sword fights.

After-lunch lessons are all about the life of a knight. Your child will learn about topics including heraldry, the history of the sword and armour-making.

On the final day of camp, students participate in a grand finale, a tournament and heraldic display complete with costumes and fanfare where students can demonstrate their skills-at-arms. Upon successfully completing a week's camp, each student will graduate to their next rank toward becoming a knight.

The week-long camps run from the beginning of July to the end of August. Learn more at knightcamp.ca or by calling 604-568-9907.



CONTRIBUTED

Playland opens gates to new rides and classic faves

It's time to get your mini donuts on.

Playland Amusement Park is officially open.

Reacquaint yourself with all the nostalgia of Playland and the PNE — the classic Wooden Roller Coaster, the Games Midway and all the tasty midway treats. And now you can add three new rides for families to the roster.

At a cost of \$1.8 million, the beautiful new rides are a significant investment for the park — and worth every penny.

Bug Whirled, Flutterbye and Dizzy Drop were made in Italy by world-renowned ride manufacturers, designed to transport families into a new dimension of fun. Bug Whirled and Flutterbye feature signs and décor by local design team Imagination Corporation.

Parents looking for a place to chill with their little ones can drop by Kids Playce. Maybe you'll even run into Playland's beloved mascot, KC Bear.

Those who usually purchase a general admission ticket will be happy to know that Adventure Golf is now included in admission. And don't worry, thrill seekers, Playland has lots in store for you. This year's lineup of rides is as thrilling as ever, including the Hellevator, a 202-foot tower where you'll experience gravity at a stomach-churning 4.5 G. And yes, The Beast, Atmosfear and the park's many other rides are as scary as they sound.

Pick up your Playland pass to get a head start on summer. For more information, visit pne.ca.

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PNE_PLAYLAND

"He's looking like the man": Dana White after Stipe Miocic defended his heavyweight title with a first-round TKO of Junior Dos Santos at UFC 211

Kim conquers TPC Sawgrass

PGA TOUR

South Korean becomes youngest Players champ

Si Woo Kim made Sunday at The Players Championship look like child's play.

From a tough lie behind the green, in a bunker with not much room between him and the pin, or even standing on the 17th tee and staring at an island, the 21-year-old South Korean never flinched and never made worse than par.

Kim kept a clean card to the end for a 3-under 69 to become the youngest champion in the 44-year history of the biggest tournament this side of the majors.

"I feel like I'm still dreaming that I won this championship," Kim said after his three-stroke victory.

On a windy afternoon at the TPC Sawgrass, where anything can go wrong without notice,



"I just focused on the middle of the green."

Si Woo Kim on attacking the island green at the par-3 17th hole. Kim played his final 20 holes without a bogey.

Kim was the only player to go bogey-free in the final round that derailed everyone else in a hopeless pursuit of him.

His last hurdle was getting by the final two holes where not even his two-shot lead was safe — the island green at the par-3 17th and a closing hole with water all the way down the left side.

"I wasn't nervous at all because I was leading," he said. "I just focused on the middle

of the green."

He landed safely and two-putted from 45 feet, and then he smashed another drive down the middle of the 18th fairway.

The only drama at the end came from Ian Poulter, who was happy just to be here.

Two weeks ago, Poulter thought he had lost his PGA Tour card until officials realized a clerical oversight that restored his status and even gave him a spot in The Players Championship. He was the only player to seriously challenge Kim until he ran out of holes, and then it was a matter of finishing second.

Poulter shanked his second shot from the right rough on the 18th, and it bounced off hospitality tents, down a cart path and into a palmetto bush. He took a penalty drop, and then hit wedge over the trees and nearly holed it, tapping in for bogey.

He closed with a 71 and tied for second with Louis Oosthuizen, who shot 73.

THE ASSOCIATED PRESS



NBA PLAYOFFS WARRIORS DIG OUT OF HOLE TO STING SPURS

Manu Ginobili of the San Antonio Spurs draws a charging foul from the Golden State Warriors' Kevin Durant during Game 1 of the Western Conference final on Sunday in Oakland. Stephen Curry scored 40 points and the Warriors rallied from a 25-point deficit after Kawhi Leonard was lost to an ankle injury to beat the Spurs 113-111. Game 2 in the series is Tuesday night.

THEARON W. HENDERSON/GETTY IMAGES

IN BRIEF

Preds fall prey to Ducks

Nick Ritchie scored the tiebreaking goal late in the second period, and the Anaheim Ducks roared back from an early two-goal deficit to even the Western Conference final with a 5-3 victory over the Nashville Predators in Game 2 on Sunday night.

The Predators hadn't allowed four goals in any game during their excellent Stanley Cup playoff run before Anaheim finally got rolling for its sellout crowd.

Game 3 is Tuesday night in Nashville.

THE ASSOCIATED PRESS

Tottenham closes out White Hart Lane in style

Tottenham fans flooded onto the pitch after a 2-1 victory over Manchester United in the final game at White Hart Lane secured second place in the Premier League and the team's highest finish in 54 years.

The last-ever goal at the 118-year stadium came from Manchester United captain Wayne Rooney but Victor Wanyama and Harry Kane had already scored to ensure it was a joyful send-off by Tottenham.

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PHOTO: MAYA VISHNIE

Ceri Marsh & Laura Keogh
For Metro Canada

Spend a few minutes prepping these nutrition-packed little babies tonight and wake up with time for a leisurely breakfast tomorrow.

Ready: Overnight
Prep time: 5 minutes
Chill time: Overnight
Serves 2

Ingredients

- 1/2 cup almond milk
- 1 cup plain Greek yogurt
- 1/4 cup dried blueberries
- 3 Tbsp quick cook oats
- 2 Tbsp chia seeds
- 1 Tbsp maple syrup
- 1/4 tsp vanilla extract
- pinch allspice
- pinch salt

- raspberries
- slivered almonds
- **Optional extras:** chia, flax meal, hemp heart seeds, bee pollen, walnuts, slivered almonds, pecans, pumpkin seeds, sunflower seeds or even nut butters

Directions

1. In mixing bowl, whisk almond milk and Greek yogurt. Add blueberries, oats, chia, maple syrup, extract, allspice and salt and mix.

2. Pour into two jelly-size jars and refrigerate overnight.

3. In the morning, top puddings with your favourite bits like raspberries, apple slices, banana or other fruits.

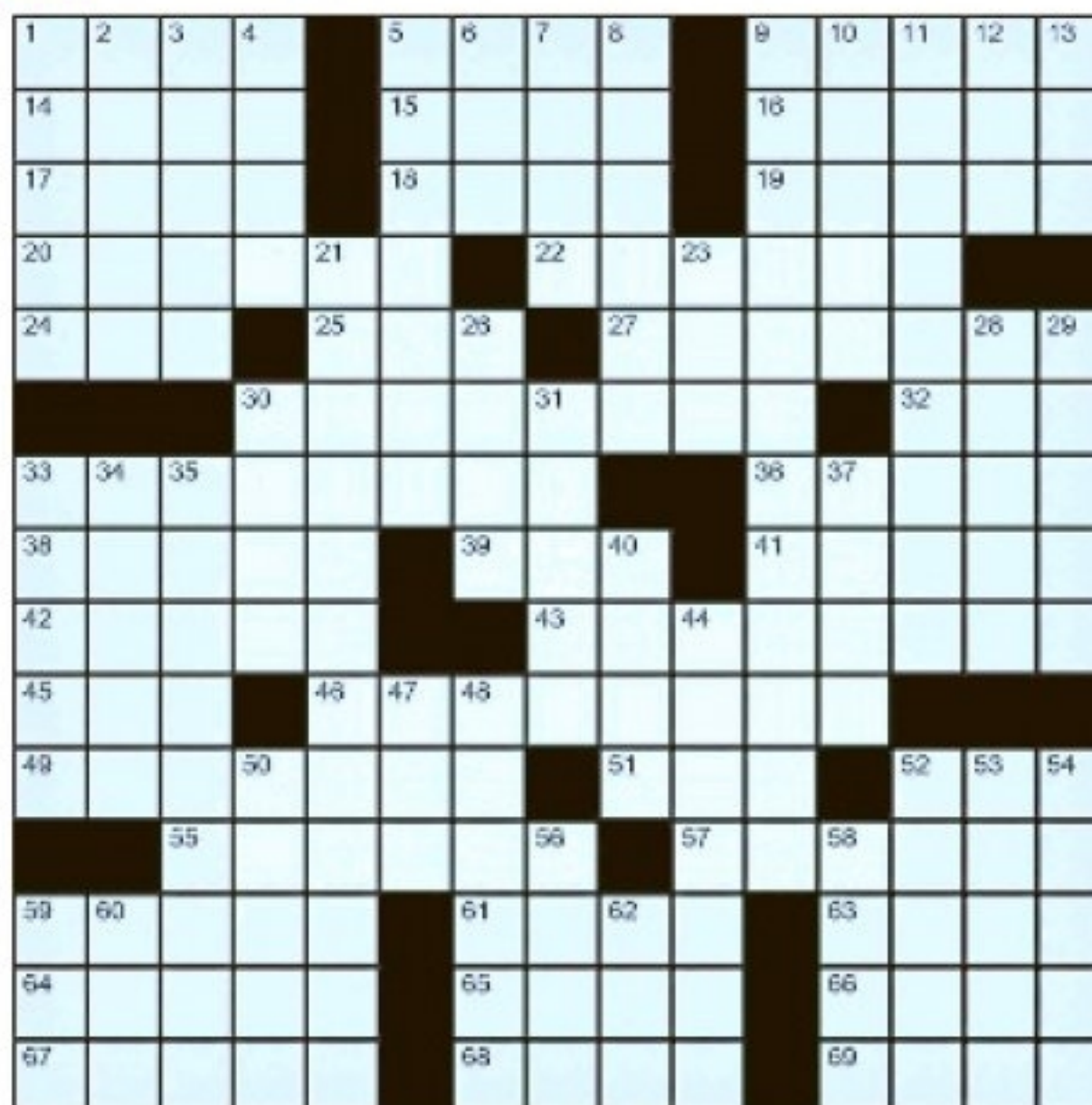
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Clothed
5. Malayan sailing boat
9. Berry, in Rome
14. Tear apart
15. Cliff spot
16. Branch of knowledge scientific suffix
17. 'Hypn' suffix
18. Vientiane is its capital
19. "It's true, I swear!": 2 wds.
20. Ms. Goldberg
22. E-business
24. Secluded spot
25. Perform
27. Suggestion/proposal
30. Puts into motion: 2 wds.
32. Middle
33. David Johnston, The _ General of Canada
36. Skincare brand
38. Video game pioneer
39. Butter portion
41. Comparably tomato-hued: 2 wds.
42. Kind of acid
43. Like women as compared to men for the same work: 2 wds.
45. Pizza's 'Pepper' add-on
46. Don't go off the beat: 2 wds.
49. Inconsiderate motorist
51. _-tourism
52. Simon & Garfunkel's " _ Robinson"
55. Muss up one's mane
57. Choice
59. " _ 'hello' (Greeted)
61. Visiting Van-



- couver's prov.: wd. + acronym
63. Rat-a-tat-tat stuff
64. Verb learned in introductory French class
65. Musically disconnected, briefly
66. Docking spot
67. Receded

68. Humour columnist Ms. Bombeck (b.1927 - d.1996)
 69. Rob Roy, for one
- DOWN**
1. One gathers during a scene
 2. Limber
 3. Engined-bird flying

- over Montreal
4. Design style, with Art
5. Large-billed seabird
6. Suggested nutritional amt.
7. Prayer starter, " _ _ _"
8. _ Fables

9. Now-in-theatres 2017 sequel to the same-named popular 2006 Canadian action/crime/comedy in which #11-Down and #21-Down reprise their roles: 4 wds.
10. Standoffish
11. Actor starring as

- the Anglophone officer Martin Ward in #9-Down: 2 wds.
12. Movie's special effects, commonly
13. Skipper's 'sure'
21. Actor starring as the Francophone officer David Bouchard in #9-Down: 2 wds.
23. Writer Mr. Capote, to pals
26. De _ (Excessive)
28. Charlotte Bronte heroine Jane, and surnamesakes
29. Marsh plants
30. Bandar _ Begawan (Brunei's capital)
31. Maria von _ (Julie Andrews role)
33. Hollywood legend Zsa Zsa
34. Autumn, in Barcelona
35. Fluctuation
37. L' _ Verte, Quebec
40. _ measure
44. Chrysler's legendary executive, Lee _
47. Winged ancient Greek goddess
48. Church: French
50. 1959: "Pink Shoe Laces" by _ Stevens
52. Imitate
53. Juliet's beau at the balcony
54. Huff
56. Intermission, _acte
58. Bugler's melody
59. Viewed
60. Ms. Gardner
62. Loud sound!

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You are giving a lot of thought to your earnings and cash flow at this time. But at a deeper level, you're wondering about your values in life. In other words, what really matters?

Taurus April 21 - May 21
You are empowered now because the Sun is in your sign. This happens only once a year for four weeks. Use this to your advantage!

Gemini May 22 - June 21
This is the time to think about your personal new year, which will begin on your birthday. How do you want your new year to be different from this year? Think about this.

Cancer June 22 - July 23
This is a good time to think about your long-term goals. If you share your hopes and dreams for the future with someone else, his or her feedback might help you.

Leo July 24 - Aug. 23
You look good in the eyes of others right now because the Sun is at the top of your chart. Make the most of this and demand the advantage!

Virgo Aug. 24 - Sept. 23
Grab every opportunity that comes your way to travel or explore further education today, because you want to expand your world. You want adventure and new knowledge.

Libra Sept. 24 - Oct. 23
Life is quite intense right now, which is why your response to everyone and everything also is intense. This passionate time will last for another week.

Scorpio Oct. 24 - Nov. 22
Acknowledge the fact that you need more sleep now. Get more rest and respect this. Take care of yourself.

Sagittarius Nov. 23 - Dec. 21
Because you are keen to get better organized at this time, give yourself the right tools to do a good job. Buy shelving, labels, cleaning equipment, paint — whatever you need.

Capricorn Dec. 22 - Jan. 20
This is a playful, romantic and creative time for your sign. Use it to enjoy vacations, romantic interludes with others and fun activities with children.

Aquarius Jan. 21 - Feb. 19
It's totally appropriate to put home, family and your private life first right now. For the next week, this will be your top priority. A conversation with a parent might be important.

Pisces Feb. 20 - March 20
Your days are fast-paced, and you're also full of bright, clever ideas. Just go with the flow and enjoy visiting friends, a busy schedule and interesting short trips.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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FRIDAY'S ANSWERS

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An aerial night view of a city skyline, likely Vancouver, with numerous skyscrapers and buildings illuminated. The sky is dark with some clouds, and the city lights create a vibrant contrast. A large yellow rectangular box is positioned in the lower right quadrant, containing text. In the bottom left corner, there is a white square logo with the text 'BCIT BUSINESS'.

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